

Synchronized Walking Ceremony

Unstick “old” energy and embrace fresh new energies by moving the bodies aerobically (walking together).

Purpose

To relax our emotional energy so we can synchronize our mental energy.

Preparation

None.

Participants (roles)

Lead Walking Partner, Walking Partners

Pattern

Open—Lead Walking Partner approaches one or more Walking Partners and invites them to a synchronized walk.

Execute— A lead partner begins with reminding the walking partners to just walk calmly while talking about anything but work. It could be just ranting, chit chat, etc. After about five minutes, the lead partner reminds the walking partners that our mind controls our body and hence we use our dynamic energy to relax our mind and the conversations continue.

Close— At the end of the ceremony, the participants bow towards each other and say thank you for the wonderful resetting experience.

Product

A positive emotional outcome for the participants who have unstuck “old” energy and embrace fresh new energies by moving the bodies aerobically.

Tips

A synchronized walk always includes at least two people who need to refresh and recycle their energy.

This ceremony can be performed indoors or outdoors depending on the particular circumstances.

To achieve a good cadence, a minimum walk of 15 minutes is suggested.

Some teams develop a rhythm of synchronized walking times, taking one or two walking

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breaks a day around the same time.

This ceremony may begin simply by someone standing and declaring “walking time” or some other shared signal. Anyone who is free is welcome to join the synchronized walk.

This ceremony may begin by agreeing to meet at a specific location at a specific time.

If a team member is missing, check to see if they still want to join to ensure camaraderie.

Meet each other with a SMILE and acknowledge each other saying “Let our synchronized walking ceremony begin!”

Many teams naturally start walking in a pair formation.

The lead persons set up the pace.

When we walk inside a sizable office area, people notice our walking ceremony and create a positive attraction. We run into other groups and send warmth smiles to them reinforcing our healthy ceremony.

One of the lead people open the door during the middle of our walk and the next person holds the door for everyone.

We talk normally inside but are mindful of our volume when walking around offices and cubicles.

When indoors we usually do 5 loops and everyone is welcome to not complete the entire loops and no questions are being asked (around 15-20 minutes).

At the end of our walk, we say thank you to everyone. We allow a few moments for anyone to express their positive emotional outcome. We say: “See you tomorrow.” We wave good bye and smile.

This ceremony is provided by **Amin (アミン) Leiman (レイマン)** an ENERGY COACH who is passionate about sharing the philosophy and principles of traditional Japanese karate in managing our core energies. Amin is the author of *Karate Project Management: 7 Bodies of Knowledge*.